

Words In The News

Teacher's pack

Lesson plan and student worksheets
with answers

Obesity epidemic –
20 February 2008



BBC WORLD SERVICE
LEARNING ENGLISH



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BBC Learning English – Words in the News

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Level: Intermediate and above

Topic: The world needs to tackle the growing epidemic of obesity says the head of the international obesity taskforce.

Language: Vocabulary of a news report

Aims:

Reading skills	– Understanding a short news report
Language skills	– Vocabulary – words and expressions with 'fat'
Writing skills	– Writing diet tips

Materials:

Worksheet 1	– Comprehension questions
Worksheet 2	– Vocabulary matching task
Worksheet 3	– Grammar/language focus – words and expressions with 'fat'
News story	– Available online at:

http://www.bbclearningenglish.com/newseenglish/witn/2008/02/080220_obesity.shtml

reparation: Before the lesson, make enough copies of worksheets 2 and 3 so that there is 1 worksheet for every 4 – 5 students. Cut up the vocabulary and explanations to make a matching exercise. Students also need one copy each of worksheet 1.

If possible, bring some diet tips from magazines or the internet to use in the fluency activity at the end of the lesson.

For example, the top ten tips listed here:

<http://info.cancerresearchuk.org/healthyliving/reducetherisk/campaignmessages/tentoptips> *

* The BBC is not responsible for the content of external websites

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LESSON STAGES

A Stimulate student interest in text

Elicit from students different ways that people can lose weight and put their ideas on the board (you can use this list for the skimming questions later in the lesson). For example:

Ways to lose weight
Eat less
Exercise more
Cycle to work or school
Use the stairs rather than lifts
Drink water rather than sugary drinks

Ask students which one of these ideas is the most effective and why.

B Pre-teach essential vocabulary

Elicit/present key vocabulary that students need either to understand the key points in the text or to understand and/or answer any questions that you'll set them later in the lesson. The vocabulary is from Words in the News (so you can elicit the vocabulary by using the explanations provided online or below).

You could either pre-teach the vocabulary at this stage of the lesson or you could use the vocabulary building activity from further down in this lesson plan. Have students working together in small groups and ask them to try to match the vocabulary with the definitions. Encourage them to work with the other groups to pool their knowledge.

When they have done as much as they can, if they have dictionaries, ask them to look up the words to check their answers and to find out the definitions of any words they are not sure of. If they don't have dictionaries, check their answers and give them help with any words they aren't sure of.

Whichever method you use to elicit/present the vocabulary, you should then model it (say it clearly, highlighting the word stress) and get them to repeat the words after you.

obesity epidemic

fatness problem that seriously affects a lot of people at the same time

a global pact

an agreement by all the governments in the world

nutrition

scientific study of food

obese children outnumber the malnourished by two to one

for every one child who doesn't have enough to eat in the world, there are two fat ones

sparking a marked rise

making a sharp increase happen

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diabetes

a disease in which the body cannot control the level of sugar in the blood

there is no point in blaming individuals

it is useless saying that people are at fault or are responsible for

labelled clearly

written in plain, simple clear language

to get out of their cars

to use their cars less (for example, to walk or cycle more)

predicts whether or not

tells if in the future something will happen or not

C Written record of vocabulary

Write the words on the board, eliciting spelling as you write. Elicit and show the word stress of each item and word class, if appropriate.

Give students some time to copy the boardwork into their notebooks.

Boardwork:

obesity epidemic

a global pact

nutrition

obese children outnumber the malnourished by two to one

sparking a marked rise

diabetes

there is no point in blaming individuals

labelled clearly

to get out of their cars

predites whether or not

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D Set a skimming question

Tell the students they are going to read a text about people being overweight. Put this question on the board:

Which of our ideas are mentioned in the text?

	Ways to lose weight
A.	Eat less
B.	Exercise more
C.	Cycle to work or school
D.	Use the stairs rather than lifts
E.	Drink water rather than sugary drinks

Students read text the first time.

Give them a time limit (1 - 2 minutes) to read the text quickly to find the answer to the question. They do not need to understand the details of the text to answer it.

E Check answers

Answers will depend on what ideas students came up with. From the example ideas above, only C is mentioned (paragraph 3 says 'encouraging people to get out of their cars')

F Set specific information questions

Hand out worksheet 1 or use the online quiz. Students complete the worksheet to help them understand the text in more detail. Give them a time limit (5 - 6 minutes) to read the text a second time in more detail and to answer the questions.

G Check answers

Elicit True or False answers. Direct attention to a particular paragraph if an answer is wrong to try to elicit the correct answer (see worksheet 1 and answer key).

H Vocabulary consolidation/building

Students do the vocabulary matching exercise (worksheet 2 that you cut up before the lesson). In small groups they match the correct word with the right definition.

I Check answers

Elicit answers. If an answer is wrong, ask other students to try to elicit the correct answer.

J Vocabulary focus: Vocabulary – words and expressions with 'fat'

Ask students to find all the words or phrases related to 'fatness' in the article (there are five). Write them on the board.

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Paragraph 1
obesity
obese
weight gain

Paragraph 2
overweight
fat

Then use worksheet 3 to focus on some other 'fat' words and expressions.

K Check answers

If an answer is wrong, ask other students to try to elicit the correct answer (see worksheet 3 and answer key).

L Follow-up activity: Writing

Show students some examples of lists and tips for losing weight (from magazines or the internet). Elicit what kinds of tips are given in these lists (a mixture of changing eating habits and increasing exercise).

Tell them they are going to devise their own top-ten list for people who want to lose weight. They should think about who their audience is (young mums, older people, people who work in offices) and tailor their advice to suit them.

Students work together in small groups to decide on their target audience and write up their diet tips. Give them 2 or 3 minutes to think about their audience and about 8 - 10 minutes to write their top-ten lists.

Circulate, while they are working, giving help with grammar and spelling, if necessary.

M Feedback

If possible, display the diet tips around the room and ask students to read each others' lists. Ask them which one tip they think would be the easiest to follow. Give praise for correct language, and give feedback on incorrect language. You could write some example phrases or sentences on the board and elicit from students which ones are correct and which ones are wrong and why.

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STUDENT WORKSHEET 1

COMPREHENSION QUESTIONS

Are the following sentences true or false?

1.	There needs to be a worldwide answer to the current problems of fatness.	T/F
2.	There are more children in the world who don't have enough to eat than there are those who eat too much.	T/F
3.	There has been a sharp increase recently in the number of people affected by illnesses associated with being overweight.	T/F
4.	Professor James says it's important that people take responsibility themselves if they are fat.	T/F
5.	Professor James says governments should encourage people to exercise more.	T/F
6.	Professor James said that Scandinavian research shows that you can tell from children's weight if they will have heart problems when they are older.	T/F

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STUDENT WORKSHEET 2

VOCABULARY

Match these words and phrases to their definitions.

1.	obesity epidemic	A.	it is useless saying that people are at fault or are responsible for
2.	a global pact	B	making a sharp increase happen
3.	nutrition	C.	an agreement by all the governments in the world
4.	obese children outnumber the malnourished by two to one	D.	to use their cars less (for example, to walk or cycle more)
5.	sparking a marked rise	E.	a disease in which the body cannot control the level of sugar in the blood
6.	diabetes	F.	scientific study of food
7.	there is no point in blaming individuals	G.	written in plain, simple clear language
8.	labelled clearly	H.	tells if in the future something will happen or not
9.	to get out of their cars	I.	fatness problem that seriously affects a lot of people at the same time
10.	predicts whether or not	J.	for every one child who doesn't have enough to eat in the world, there are two fat ones

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STUDENT WORKSHEET 3

VOCABULARY 'FAT'

Match these 'fat' words and expressions with their meanings.

	Collocations		Meanings
1.	fat-free / non-fat	A.	food that has only a small amount of fat
2.	low-fat	B	said when you think that something definitely will not happen
3.	saturated fat	C.	chat with someone in an informal, friendly way
4.	puppy fat	D.	a person who is very rich, especially someone in charge of a company and who is able to award themselves a big increase in their own pay
5.	fat cat	E.	said when something has been said or done that will cause a lot of trouble
6.	chew the fat	F.	nothing, or not very much good/use/help at all
7.	live off the fat of the land	G.	a type of fat found in meat, eggs, milk, cheese, etc, which scientists say can be bad for your health
8.	The fat is in the fire	H.	food that has no fat
9.	fat chance	I.	fat which a child sometimes has but which disappears as s/he grows older
10.	a fat lot of good/use/help	J.	be rich and enjoy the best of everything

Now, complete the sentences using one of the words or expressions above.

1. He never does any work. He just sits there _____ with everyone who comes into the office.
 2. Did the boss say she'd give you a pay rise?
_____ ! She said profits were down this year and there was no extra cash around.
 3. She's only 12 years old. She doesn't need to go on a diet. Of course she's got a bit of _____ but that's only natural at her age.
 4. I thought he didn't deserve the prize and I told her it was unfair to give it to him. So _____ now!
 5. I don't mind _____ milk in my coffee but _____ milk just has no taste at all!
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ANSWER KEY

STUDENT WORKSHEET 1

1. **True** – Paragraph 1 says, 'The scale of the obesity epidemic is such that the world needs a global pact on the best ways to tackle it'.
2. **False** – Paragraph 1 says, 'At present, according to Professor Philip James, an expert on nutrition, obese children outnumber the malnourished by two to one'.
3. **True** – Paragraph 1 says, 'This worldwide weight gain is sparking a marked rise in some diseases'.
4. **False** – Paragraph 2 says, 'According to Professor James, there is no point in blaming individuals for being overweight'.
5. **True** – Paragraph 2 says, '... governments must encourage people to get out of their cars'.
6. **True** – Paragraph 3 says, 'Professor James also said that new data from Scandinavia indicates that the weight of a child at the age of 7 to 12 predicts whether or not they are going to die early from heart disease or other problems'.

STUDENT WORKSHEET 2

- | | | | | |
|-------------|-------------|-------------|-------------|--------------|
| 1. I | 2. C | 3. F | 4. J | 5. B |
| 6. E | 7. A | 8. G | 9. D | 10. H |

STUDENT WORKSHEET 3

- | | | | | |
|-------------|-------------|-------------|-------------|--------------|
| 1. H | 2. A | 3. G | 4. I | 5. D |
| 6. C | 7. J | 8. E | 9. B | 10. F |

1. chewing the fat
2. Fat chance
3. puppy fat
4. the fat's in the fire
5. low-fat / non-fat or fat-free

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The world needs to tackle the growing epidemic of obesity with the same sense of global urgency as climate change. The head of the international obesity taskforce, Professor Philip James, said that we needed greater political leadership at the international level. This report from Matt McGrath:

The scale of the **obesity epidemic** is such that the world needs **a global pact** on the best ways to tackle it. At present, according to Professor Philip James, an expert on **nutrition**, **obese children outnumber the malnourished by two to one**. This worldwide weight gain is **sparking a marked rise** in some diseases - the number of people with type two **diabetes** is expected to double to 366 million by 2030.

According to Professor James, **there is no point in blaming individuals** for being overweight - we need real political leadership to change the environment that is rapidly making the world fat. The fat content of food needs to be **labelled clearly**, advertisers must be prevented from targeting children and governments must encourage people **to get out of their cars**.

Professor James also said that new data from Scandinavia indicates that the weight of a child at the age of 7 to 12 **predicts whether or not** they are going to die early from heart disease or other problems.

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